

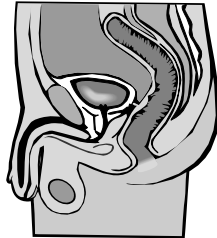
TESTICULAR CANCER

Arizona Department of Corrections
Health Service Bureau

Inmate Wellness Program
HEP 1018- 01/06

Who is at risk?

- Cancer of the testicle is one of the most common cancers in young men between the ages of 15 and 34, but also occurs in other age groups.
- Testicular cancer is most common in white men but men of all races and ethnic groups can get testicular cancer.
- Men who had undescended testicles when they were boys have a higher risk of testicular cancer if the condition was not corrected in early childhood.



Symptoms of Testicular Cancer:

- a lump in either testicle (**However, not all lumps are cancer**)
- any enlargement of a testicle
- a feeling of heaviness in the scrotum
- a dull ache in the lower abdomen or groin
- a sudden collection of fluid in the scrotum
- pain or discomfort in a testicle or scrotum or enlargement or tenderness of the breast

Screening for testicular cancer

Self examination is an effective way of detecting testicular cancer. Self examinations for testicular cancer should be done every month after a warm shower. Heat relaxes the

scrotum, making it easier to spot or feel anything abnormal.

Steps of a Testicular Self-Exam

1. Check for any swelling on the scrotum skin.
2. Examine each testicle with both hands. Don't be worried if one testicle is slightly larger than the other, that's normal.
3. Place the index and middle fingers under the testicle with thumbs placed on top.
4. Roll the testicle gently between the thumbs and fingers.
5. Find the soft, tube like structure (epididymis) behind the testicle. This tube collects and carries sperm. This should not be mistaken for a suspicious lump.
6. If you feel pain or find a lump or anything abnormal, see your medical provider. Testicular cancer is almost always curable if it is found early.

Treatment

Treatment for testicular cancer may include chemotherapy (anti-cancer drugs), radiation therapy (x-ray therapy), or removal of the testicle through surgery. Many men worry that losing one testicle will affect their ability to have sex or make them sterile but a man with one healthy testicle can still have a normal erection, produce sperm and father children.